

CHAKRAS

There are seven main chakras in yoga. They are root (red), sacral (orange), solar plexus (yellow), heart (green), throat (blue), third eye (indigo), and crown (violet). They align with the spine and nervous system. An easy way to remember their corresponding colors is R.O.Y.G.B.I.V. Each chakra also has a corresponding sound vibration and symbol.

What are Chakras?

List each chakra location in the body?

Define the influence of chakra's on one another?

Name some examples of how chakra's affect your daily life?

